

# 10 Tips to Green Your Family Now



Icahn  
School of  
Medicine at  
Mount  
Sinai

*Children's  
Environmental  
Health Center*



1. **Dine in and choose organic!** Preparing unprocessed, fresh foods at home can decrease your exposure to hormone-disrupting phthalates and BPA. Eating organic can reduce your pesticide exposure by up to 90%.



2. **Switch to nontoxic beauty and personal care products** without phthalates, parabens, formaldehyde, and other harmful chemicals.



3. **Use mineral-based sunscreens** that contain zinc oxide or titanium dioxide and provide UVA and UVB protection. Avoid spray-on sunscreens, which are less effective and can lead to harmful inhalational exposures.



4. **Avoid perfume and scented products** like soaps, air fresheners, detergents, and candles. Artificial fragrance contains up to 100 chemicals that may disrupt hormones and alter brain and reproductive development.



5. **Avoid thermal cash register receipts** and use e-receipts whenever possible. Thermal paper contains high levels of BPA that readily absorb through the skin.



6. **Replace your old mattress** and upholstered furniture with flame retardant-free alternatives. When purchasing polyurethane foam products, look for those manufactured after 2015 with a "TB117-2013, no added chemical flame retardants" tag.



7. **Eliminate dust!** Use a HEPA vacuum or wet mop to reduce exposure to chemicals that settle in dust. Leave your shoes at the door to avoid tracking chemicals inside.



8. **Air it out!** Indoor air can be five times more polluted than outdoor air. Purchase VOC-free paints and furniture, open windows, and turn on fans to ventilate.



9. **Wash hands before eating** to significantly reduce chemical exposures. Avoid soaps with added antibacterials like triclosan, a hormone disruptor also found in some toothpaste, clothing, shoes, and other products labeled antimicrobial.



10. **Strive to live a stress-free life!** Early-life exposure to toxic stress enhances the impacts of chemicals and is linked to behavioral problems and diseases later in life.

# Mount Sinai Institute for Exposomic Research

## The Future of Environmental Health

The Children's Environmental Health Center (CEHC) is the vehicle within the Mount Sinai Institute for Exposomic Research that communicates groundbreaking research on exposomics and children's environmental health to the general public, both locally and nationally. It connects our science to a growing national movement of supporters and communities committed to ensuring a healthier future for all. Leveraging our state-of-the-art Senator Frank R. Lautenberg Laboratory and world-renowned scientists, the Institute investigates how the totality of environmental exposures—chemical, nutritional, social, and physical—contribute to disease across the lifespan. The goal is to generate strategies for disease prevention and treatment, which are now within reach.

Most diseases have an environmental component, yet scientific inquiry has focused primarily on the study of genomics. Analogous to sequencing the entire genome, the Institute seeks to identify the full set of environmental exposures from conception to old age, uncovering the missing piece of the puzzle. This data will reveal risk factors for diseases that may take many years to develop.

Our team examines a wide range of diseases and conditions including ADHD, ALS, allergies, Alzheimer's, asthma, autism, birth defects, cancer, obesity, Parkinson's, schizophrenia, and stress. Exposomics, the study of all lifetime environmental exposures starting in utero, will enable us to transform human health, and the Mount Sinai Institute for Exposomic Research is at the forefront of the field.

For additional tips and to learn more about the CEHC  
and the Mount Sinai Institute for Exposomic Research, visit:

[cehcenter.org](http://cehcenter.org)

[icahn.mssm.edu/exposomics](http://icahn.mssm.edu/exposomics)

